

British Anti-Tobacco Society,

Instituted April, 1853.

"Shun Smoking as you would self-destruction."—*Lancet*

The Anti-Tobacco Journal.

Contents.

	Page
He that hath ears to hear let him hear	81
A Common Sense Essay on Tobacco Smoking	81
The Selfishness of Smokers	81
Alcohol in Workhouses	87
Tobacco Duty is the Backbone of the British Revenue	88
Opium Revenue	88
Miners Imprisoned and Fined	88

*Communications to be fully prepaid and addressed to the Editor of
the Journal,*

Clissold Lodge, 30, Bethune Road, Stoke Newington, N.

Or of the Rev. A. Sims, Uxbridge, Ontario, Canada

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A Vital Question.

Can a narcotised brain—help its owner—to “Love the Lord our God with all his might, with all his soul, with all his strength”

British Anti-Tobacco Society.

ESTABLISHED 1853.

The Associate's Branch of the Pearl and Purple Ribbon Ladies' Court.

MOTTOES.

“Whatsoever is lovely and of good report.”

“He that *ruleth his spirit*—is greater than he who taketh a city.

“Not with *eye service* as men pleasers, but with *singleness of heart as unto GOD.*”

I

resolve, for the Praise and Glory of the King of Kings, to discountenance the *ab-use of Tobacco and Strong Drink.*

To *rule my spirit.* To cultivate self-respect—by doing unto my neighbours as I would they should do to me.

Prayer.

(A LOGICAL SEQUENCE).

Great and Almighty God be pleased to help me by Thy Holy Spirit for Jesus Christ's sake—to be *strong to think, to speak and to act rightly*—that so I may have a healthy soul, a healthy mind, a healthy body, and healthy circumstances—which will make my life a pleasure to myself, so a pleasure to others and therefore a pleasure and praise to Thee! Amen.

You are earnestly requested to sign this, and return it with your address, prepaid, to

THE EDITOR OF THE “ANTI-TOBACCO JOURNAL,”

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N.B.—UNPAID LETTERS REFUSED.

The Anti-Tobacco Journal.

“HE THAT HATH EARS TO HEAR LET HIM HEAR.”

“Can that which is morally wrong be politically right?” Can that which would be criminal for Solus, be righteous for Plus? If I force poison upon Solus against his will, can I plead—Not Guilty? Can then those who forced Opium Poison upon a nation, be guiltless? Is it a mistake to consider “that the blindness of the English Nation concerning Tobacco” is an outgrowth from the seed sowing—per force—of Opium poison in China?”

A Common Sense Essay on Tobacco Smoking.

A Paper written for the Cork Literary and Scientific Society by
Mr. THOMAS A. BAILEY.

Dedicated to the Y.M.C.A.

The Selfishness of Smokers.

Continued from page 77.

Dr. Namias relates an instance of a smuggler being poisoned by reason of his having covered his skin with Tobacco leaves, with a view of defrauding the revenue. The leaves by moistened perspiration, produced all the effects of poisoning.

A strong argument against Tobacco smoking, is that it is a most selfish habit. As a rule those who indulge in it, seldom study the comfort of others. Not long ago I was travelling by train and in a “non smoking” carriage, when a number of men got in, and I think without more than one exception, they all lit their pipes. The compartment was soon in a cloud, and to make matters worse, they did not appear to wish the windows opened. As I had no desire to make myself disagreeable, I endured it without any remark till we reached another station, I had then the option of two courses to pursue, either to leave the carriage or have the offenders removed—for quietness I left.

If a smoker wishes to enjoy his pipe, he seldom studies if it will be agreeable to others or not; how often one has to endure the disgusting odour from the clothes of some inveterate smoker.

Just let us take a case which I am sure is not at all an uncommon one. A husband who is a smoker, *has a wife to whom the habit and even the smell of Tobacco are most obnoxious*, and yet he who is perhaps in every other way most unselfish, persists in continuing the habit. He goes alone to smoke and sometimes spends an hour or perhaps more indulging in a luxury which the partner of his life cannot enjoy with him.

Quite recently we have been horrified by reading the sad account of the burning of a theatre at Gateshead, and the loss of several lives caused by the selfishness of those who thoughtless of others comfort and safety, would persist in smoking. The following is an extract from the account given in the Irish Times.—About a quarter past 10 o'clock, it was noticed that two youths were smoking in the side balcony, which is immediately below the gallery. Some of the attendants called upon them to put out their pipes, and after several warnings they reluctantly complied. A quarter of a hour after they lit their pipes again, and one of them is said to have dropped a lighted match to the floor. Directly afterwards smoke was seen issuing from the balcony, and a woman rising excitedly to her feet shrieked "Fire."

Men must have their Tobacco, and consequently shop assistants and others are deprived of the one day of rest in each week which nearly all enjoy, and while those, who know the value of one day out of seven for rest, are enjoying the embracing and invigorating air, others are compelled to remain surrounded by the poisonous atmosphere of the Cigar divan or Tobacco shop. Doubtless there are many who strongly advocate the closing of Public houses on Sunday on behalf of the human beings who are deprived of the advantage which others enjoy, but at the same time if they found when they wanted Tobacco or Cigars, that there were no shops open might be greatly amazed.

Let me point out another instance which proves the selfishness of Tobacco smoking (and I am convinced that there are many such.) A man who finds it very difficult to earn enough to keep his family provided with the ordinary necessities of life, who complains that they are almost starving, and who meditates suicide in despair, yet in the face of all this, he wont give up his Tobacco smoking, and while they are pining with hunger and misery, he is selfish enough to spend the few pence he has on Tobacco; this is not a mere fancy case—as I have such an one in reality before my mind as I write. Not only do men neglect their own family for this, but they deny their own selves, they deny themselves things which would be positively beneficial to their health and strength, for the use of that which is injurious to both; this appears to be selfishness defeating itself.

My next point is that smoking is a most enslaving habit,

and I have not only my own personal experience, that it is easier to become a Total abstainer when accustomed to drinking beer, spirits &c., than it is to become a Non-smoker after having once fairly mastered the accomplishment, but I have the testimony of many others to the same fact.

I have known men who have tried many times to give up smoking and failed, and even some who gave it up for a short time, and were during that time almost in misery; of course I don't maintain that it is so in all cases.

Sir Isaac Newton, as we have before read, remarked that he would make to himself no necessities. He was right, for it does seem that it does in a sense become a necessity to some men.

I have known men who have actually left their place of worship during the service to smoke. I have also known men who, when placed in circumstances where they could not smoke have taken to the disgusting practice of chewing Tobacco, to satisfy in some measure the craving they felt. In most cases the necessity has grown out of the continued habit. When they first commenced, they did not feel any craving or necessity for it, but could smoke or not with ease. In course of time however things altered, and they became suddenly aware that this habit like a serpent, had been winding its coils around them until they were bound.

Oh! talk of manliness and freedom, and yet hear Irishmen and Englishmen confessing that they could not resist the allurements of this tempter; God never intended this to be their lot, no! it is a self imposed slavery which might easily have been prevented.

Listen to a sad confession concerning it. "More than fifty years ago I learned to love Tobacco, for years I have loved it better than my food, I believed I was a slave to it. I was satisfied that I did not use it, to glorify God. I have many times in twenty-five years past tried to quit my Tobacco, but did not succeed. So strong was my love and desire for it that it seemed as though I could not live without it. The last day of December, 1870, I spent the day in beseeching God with strong crying and tears to help me. . . . I pleaded as I rarely ever did before, the good Lord heard and answered my prayer. I have used no Tobacco since.

"Dr. Stock of Huddersfield in his Confessions of an Old Smoker, said that no one ever had a harder fight to give it up. He reckons the abandonment of smoking among the greatest moral victories that he was ever enabled to gain over himself."

I have heard men argue that it would be better for them to go without a meal than without a smoke, and I also believe the saying that a roll is better for an ass than

a feed of oats. I fancy the argument in each case is much the same, but I fail to see the force of it, at all events, if it were continually adhered to, it would prove disastrous. It may be argued that smoking is consoling and comforting; perhaps it is but that does not justify anyone in the practice of it, because if that were so it would also be justifiable for a person to yield to a burst of passion and use angry and cruel words, because it would be in a sense consoling; surely no one will attempt to defend the man who, when irritated or annoyed, endeavours to right matters by becoming incapably drunk, and yet it is a similar case.

In the Quarterly Journal of Science, the following appears: "Even in our days, notwithstanding the vast consumption of Tobacco, it is a habit of the minority only. The female sex, to their credit be it said, with very rare exceptions, abstain from this indulgence. If the claims of the apologists of Tobacco are correct, why is it that an entire sex avoids it? The frailer body and more mobile mind of woman seem to stand in greater need of 'soothing' and 'refreshing' than the coarser frame of man.

"It is not necessary; for all men do not smoke, and the abstainers are not subject to any inconvenience or disadvantage, but the reverse.

"Homer sang his deathless song, Raphael painted his glorious Madonnas, Guttenberg printed, Columbus discovered a New World, before Tobacco was heard of. No rations of Tobacco were served out to the heroes of Thermopylæ, no Cigar strung up the nerves of Socrates. Empires rose and fell, men lived and loved and died during long ages, without Tobacco. History was for the most part written before its appearance. 'It is the solace, the aider, the familiar spirit of the thinker,' cries the apologist; yet Plato the Divine thought without its aid. Augustine described the glories of God's city, Dante sang his majestic melancholy song, Savonarola reasoned and died, Alfred ruled well and wisely without it. Tyrtæus sang his patriotic song, Roger Bacon dived deep into nature's secrets, the wise Stagirite sounded the depths of human wisdom, equally unaided by it. Harmodius and Aristogeiton twined the myrtle round their swords, and slew the tyrant of their fatherland, without its inspiration. In a word, kings ruled, poets sung, artists painted, patriots bled, martyrs suffered, thinkers reasoned, before it was known or dreamed of. "Think of ancient Greece, of her glory in arts and arms and song, of her poets, sculptors, architects, after whom the moderns toil in vain.

Is it not true, Mr. Chairman, that birds of a feather flock together? And so it is with smokers. When I was one I was constantly in the company of smokers (not that I mean to infer I have now cut my old acquaintances on this ground; No, Sir!

fanatical as I may appear to some to be on this subject, I am not guilty of such utter folly as that) but, from keeping their company I learned that a great number of them, if not nearly all, have at some time or other tried to abandon the habit, and I surmise that this action on their part arose from some sense of wrong concerning it, whether it was regarding health, or waste of money, or that they found it becoming their master I cannot say, but I believe their idea was that in some way or other they were convinced they would be better without it.

Waste of time and money is another argument I put forth against Smoking.

There are many men who have grown so fond of it that they cannot even endure themselves without it during business hours, and often in the most busy time of the day when they are most needed, urged by strong desire, they retire into some quiet nook, and absolutely waste at least one quarter of an hour puffing smoke into the pure atmosphere of heaven. Some of my audience may laugh at this, but it is nevertheless true. The following solemn eulogy might find a fitting place in the daily diary of many smokers.

Lost !

Lost !

Lost !

Somewhere between sunrise and sunset, two golden hours, each set with 60 diamond minutes. No reward ! as they are lost for ever.

Surely we must allow that most of the money spent on Tobacco is completely wasted ; money spent without profit to its owner, or for which he has nothing to show but curls of smoke in the air, cannot but be called wasted money ; very well say some, but it affords amusement. That may be so, but where amusement is afforded without profit and not only that, but is attended with positive harm, I argue that the money thus spent is worse than wasted, and when we remember that there are millions of our fellow creatures in the direst poverty and misery, to my mind it is almost criminal that there should be so much wanton selfishness and waste. It is quite possible that there are hundreds of men to-night (who at one time were perhaps in quite as comfortable circumstances as many of us here) if they could only have the money they spent on Tobacco, would almost consider themselves rich ; and who knows what reverses may take place with ourselves ; here again we are brought face to face with the awful selfishness of the habit.

If some smoker here to-night could only realise the amount of joy and comfort he could afford to some fellow mortal by bestowing on him or her the amount of money he would spend on Tobacco in one year. Methinks he would be devoid of every spark of feeling and manliness if he would not put forth an earnest effort to deny himself of that which is to him but a luxury.

I believe that there are thousands for whom Smoking has been but a stepping stone to Intemperance and Drunkenness. Mark the youth who, often before he leaves the day school, aspires to the "much coveted" accomplishment of smoking, and watch him as he seeks the company of those older than himself and thinks that already he has begun to look manly as he swaggers about with his pipe and an air of importance, but he soon discovers there is another step he has to take, another height of felicity to be reached ere he qualifies for the "degree of manliness," and though perhaps at first he has qualms of conscience and knows he is doing wrong, still to gain the desired end he enters the fatal trap and as he quaffs his first glass (it may possibly be only wine) he thinks himself bigger than before, and no doubt believes that though he is young and small of stature he must surely be "manly" now. But alas, fond youth, if such be thy aspirations and the beau ideal of manliness to thy mind, be drawn from perfection in such accomplishments, thou hast yet a lot to learn before the height be gained, thou hast to master the arts of blasphemy, impurity and many others and then when thou hast reached the topmost pinnacle of thy ambition and climbed to the highest rung of the ladder which began by smoking, thou shalt find to thine amazement that this is *not* manliness.

Such, Sir, is the sad picture of many a youth to-day. Some one has said that smoking is one of the legs on which drunkenness rests.

The late Dr. James Hamilton remarked "extinguish the pipes of London and you will go far to shut up the public houses."

Dr. Gibbon's opinion is pronounced as follows. "The use of Tobacco tends to vitiate the sense of taste and to create unnatural and morbid thirst which craves some other means of gratification than the pure and wholesome beverage provided by the Creator."

Tobacco and Drink are to my mind closely akin, and while I allow that there are many men who smoke but never drink, still I believe that the "pipe" drives many to the "pub" and I unblushingly pronounce that smoking has a strong tendency to drinking.

Before I close I must enter a strong protest against the awful prevalence of this habit amongst the boys of this age and also against the calm indifference with which so many who could raise a strong and influential voice against it are looking on.

"What my father sees no harm in and seems to enjoy so much can't be so very wrong for me, argues the mind of the son" and so he is not only tempted by his father's actions to

disobedience, but to deceit and in many cases even to theft, for where, I ask, do those whom we see smoking every day procure their Tobacco from? By this I do not mean to make a wholesale charge of robbery against the bright and merry lads we are cheered to meet day by day, but having known at least one clear case in which it was true I cannot help thinking that in the heart of some of these lads (behind the apparently bright and unconcerned smile) there lies the dark consciousness of guilt, and where such things may end who knows?

If fathers and brothers are not responsible to a great extent for the depravity of the boys of our day, I am greatly mistaken.

I appeal to you gentlemen here to night, who, like myself, are disgusted at the sight of some of our boy smokers, and who are anxious for their welfare, to make up your minds, that God helping you, they will not from this time out be able to say it was your example they followed.

I trust that if all my arguments have not been good and convincing, that some of them have, but I have yet to state the one which carried most weight with me, namely, that Tobacco smoking is *not* to God's glory, and it was because my aspiration was to please and glorify Him that I was led in the end of December, 1887, to break my pipe and throw the Tobacco into the depths of the sea.

Alcohol in Workhouses.

Particulars have been collected and tabulated by the Local Government Board of the quantities and cost of spirits, wine and malt liquors, consumed in the workhouses of England and Wales during last year. In the aggregate, there were used 120,123 pints of spirits, 54,456 pints of wine, and 456,221 gallons of malt liquors, costing in all £34,332, amongst a daily average of 176,020 inmates. In the Metropolitan Workhouses alone, with a daily average number of 56,171 inmates, 38,294 pints of spirits, 24,736 pints of wine, and 206,830 gallons of malt liquors were consumed, at a cost of £12,410. The expenditure in these directions appears to have varied immensely in different Unions. Thus in Westminster, with only 461 inmates, £131 was spent upon spirits and £111. upon beer, whilst in St. George's with 1,261, inmates, and Lambeth with 1,146, the expenditure was nil. Again, in St. George's Infirmary with 560 patients, only one pint of spirits and eleven pints of wine were consumed, whilst in the Infirmaries of St. Pancras and St. Marylebone respectively, between 2,000 and 3,000 pints of spirits and upwards of 1,000 pints of wine were administered. Evidently the Medical officers of the establishments are not agreed as to the place of Alcohol in the dietary of the sick.

“ Tobacco Duty is the Backbone of the British Revenue.”

The Commissioners of Customs, in their Annual Report, state *That the last year the Tobacco Duty reached the unprecedented sum of £10,135,666, being £417,882 more than in 1890-1, and £901,039, than in 1889-90.* Since 1878, when the Duty was raised 4d. per pound, the consumption per head of the population from 1.49 pound to 1.61 pound, the increase last year over the year previous being 6 pounds per head.

The Commissioners think the fairly prosperous condition of the wage-earning classes is to be largely credited with the increase.—*Christian Herald.*

Opium Revenue.

A missionary of long experience in the Native States in India, writes:—“ When at——in March, I was permitted to inspect the Revenue accounts of the——State. They revealed an awful shame. Under the supervision of the Central Provinces Government, are a large number of petty Native States, to which the British Government is really guardian. All these States are instructed to open up the Opium business, and are compelled to buy the Opium from the British Government. The Native States only get the profits which come from the auction of the right to deal. One-eighth of the revenue of——is from Opium, practically forced on them by the British Government. Only a few years back no Opium was sold in these States, and now it is cursing the people fearfully.”

Miners Imprisoned and Fined.

At the Blackwood Petty Sessions a short time ago, two colliers, employed at the Celynen Colliery, Abercarn, were sent to prison for fourteen days, and two others were fined 10/- and costs, for having pipes and matches in their possession in the pit. Mr. T. S. Edwards, solicitor, of Newport, who prosecuted, called for severe punishment, in view of the serious nature of the offences, where so many lives were at stake.

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